

## Well-being Opportunities

While the focus of the RSC is primarily on recreation, we recognize that the older adults in Redmond have additional needs that can be well served at the RSC. To enhance quality of life for RSC participants, we have developed partnerships with several social service agencies and service providers to offer programs

### Nutrition program

---

#### Lunch Program

In partnership with Senior Services of King County' the RSC serves a nutritionally balanced meal Monday through Friday. The daily menu ranges from vegetable lasagne to roast pork with gravy and mashed potatoes; from rosemary chicken to clam chowder. Each meal is planned to senior tastes, and is low in fat.



#### Lunch program basic information:

- The suggested donation for those age 60 and older is \$3. (The price for those under 60 is \$5.75 and is not a donation).
- The ticket window opens at 10 am. A limited number of meals are available each day. No reservations; first-come, first-served.
- A cashier is available to make change. The donation is placed anonymously in the collection box. Those over 60 years of age are served regardless of ability to pay.
- The meal is served at 12 noon; the dining room opens for seating at 11:45 am.
- Monthly menus are available at the Front Desk and Greeter Desk. New menus come out approximately one week before the end of the current month.
- Individuals who volunteer with the lunch program receive a free lunch. Contact our Nutrition Specialist at 425-556-2347 for more information about volunteering.

**Please note:** Occasionally there are special holiday lunches that require prior reservations and a small additional charge. Look for these special events in our newsletter.

## Meals on Wheels

Frozen entrees are available for homebound seniors who are unable to prepare their own meals. Application is necessary. Meals are ordered for two weeks at a time and are delivered by volunteers every other week. Call our Nutrition Specialist at 425-556-2347 for an application and information packet.

## Transportation program

---

The RSC strives to provide a transportation program that best suits our clientele within the constraints of our budget. As our program may not cover everyone's need, we encourage you to obtain a copy of our "Transportation Program Guide" for information on more transportation options. The Transportation Program Guide is available to you free by calling 425-556-2314 or stop by the RSC to pick one up.

Please note: Transportation for trips may be different from the policies listed below; please see the section on **Trips** for more information.

### The Redmond Senior Center Bus

**Availability** - The RSC bus operates Monday – Friday, bringing individuals into the RSC beginning at 8:30 am. Arrival at the RSC is not guaranteed before 9:30 am. Persons wanting to arrive before 9:30 am are encouraged to use alternate transportation. Take-home is at 2 pm with the exception of Wednesdays when take-home is at 1 pm and 3 pm. In the event of special programs, additional or adjusted take-home times are implemented to allow transportation users' to take full advantage of RSC programs.



**Who is Eligible to Ride?** - Individuals age 50 and older, residing within the Redmond city limits, are eligible to participate in our transportation program.

**Fare and Bus Passes** - Cost is 50¢ one-way. Bus passes are available at a discounted rate. Transportation subsidies are available for those who are income-eligible. Bus passes may be purchased at the Front Desk.

**How to Sign Up** - Reservations are required at least one day in advance. Call 425-556-2314 to make your reservation. Please indicate "pick-up," "take-home," or both; be prepared to provide a phone number, and address if a first-time rider. Bus service is offered on a space available, first-come, first-served basis.

**Disabled Accessibility** - The bus is equipped with a wheelchair lift. Individuals who require the use of the lift must indicate such when making a reservation. The bus with the wheelchair lift may not be available on some days due to conflicts such as trips or scheduled maintenance.

**Volunteer Priority** - Volunteers who provide essential services to key programs at the RSC, such as Senior Services, Eastside Legal Assistance Program (ELAP) and other vital service agencies, can arrange for special transportation, when necessary. In all cases, prior arrangements with staff need to be made.

## **ACCESS Transportation Program**

The Metro ACCESS program is an alternative to the RSC's bus program. Metro offers advance reservation, door-to-door, van services for people with limited incomes, age 65 and over; or for those who have a disability, regardless of income, who are unable to use regular bus service. Application packets can be picked up at the RSC or call Metro at 206-553-3060 for a packet. Questions about ACCESS can be answered by our transportation specialist. Call 425-556-2346.

## **Grocery Shopping**

Transportation for grocery shopping is provided for City of Redmond seniors who have no other means of transportation. It is offered twice a week:

- Monday shopping at the Overlake Fred Meyer.
- Thursday shopping at the Bear Creek Safeway.

### **Grocery Shopping Guidelines:**

- Each day is limited to eight people and three bags per person.
- Large, heavy items cannot be accommodated – you must be able to lift and carry what you buy.
- Must sign up at least one day in advance.
- The round trip fare is \$1.
- Be ready for pick up by 9 am (this is an approximate time).
- Shopping time: Safeway - 1 hour, Fred Meyer - 1½ hours.
- Please, only one trip per week, per person.

**Please note:** The shopping day may change if it conflicts with a special event that cannot be scheduled on another day. Every attempt will be made to notify users of changes in the shopping day at least one week prior to the change.

## Wellness Programs

---

### Footcare

Our Footcare Clinic, provided by Visiting Nurse Services (VNS), is held on Mondays, by appointment. This popular service is staffed each week by a healthcare aid and additionally by a nurse practitioner once a month.

First-time clients and those with specific health conditions, such as diabetes or those taking blood thinning medication, may be seen only by the nurse practitioner. Please be sure to state your health specifics at the time you make your appointment so you can be scheduled appropriately.



All new clients must have Redmond addresses. The fee is \$18, payable to V.N.S., although no one will be denied this service if unable to pay the full amount.

Appointments may be made by calling 425-556-2344 on Mondays and 425-556-2314 Tuesday – Friday.

### Hearing Aid Checks

A hearing instrument specialist is available to check and clean hearing aids on the second Wednesday of each month. The service is free. Prior registration is requested. Questions about hearing loss can also be answered.

### Blood Pressure Screen

A nurse practitioner from Evergreen Hospital is available to take your blood pressure and to answer any questions or concerns you have related to your health. This free service takes place the first Monday of every month in the Fireplace Lounge at the RSC. If you need to have your blood pressure checked more frequently, you are encouraged to make an appointment with our Wellness Clinic program or you may call your local Fire Station.

### Massage Therapy

In an effort to provide our participants with an even greater variety of health and well-being services, the RSC recently contracted with a massage therapist.

Every Wednesday you can enjoy 30 minutes of gentle massage by a licensed massage practitioner, who has special training in using massage to enhance the health and well-being of older adults.

You need not remove all of your clothes to receive a massage. Appointments are available on Wednesdays. The fee is \$40; please call the front desk for an appointment. No refund for cancellations made less than 24 hours before appointment.

## Wellness Clinic

---

The RSC has learned that older adults have a wide variety of health concerns and they don't always know where to turn for information. In response to this need, the RSC has arranged for a nurse practitioner and a social worker from Evergreen Hospital Medical Center to hold regular office hours in our Wellness Room.



The Wellness Clinic is available on the second and fourth Tuesdays of each month, from 9 am to 11 am, by appointment only. It is open to anyone age 55 and older, and is free. Voluntary donations are accepted. (There may be a charge if lab tests are needed depending on the client's Medicare coverage.)

Our nurse practitioner and social worker each have many years of experience working with older adults. All services and records are completely confidential. Some, but not all, of the services they offer are:

- Medication review.
- Answers to your health related questions.
- Information regarding community resources, grief and loss issues, transportation, housing, in-home services, financial and long-term care planning.
- Complete physical examination by nurse practitioner which may include lab work (urinalysis, pap test, and other requested tests) at nurse practitioner's discretion.

Appointment times vary in length depending upon the needs of your visit. Call the Front Desk at 425-556-2314 to schedule an appointment.

## Evergreen Care Network

The Evergreen Care Network, a service of Evergreen Hospital, helps area residents and their families when special needs arise as a result of aging, chronic illness or disability. Service coordinators provide information on community, social and health services such as housing, home health care, financial assistance and support groups. Call the Evergreen Care Network at 425-899-3200.

## Health Lectures

---

Each quarter the RSC hosts health-oriented lectures provided by both Overlake Hospital and Evergreen Hospital. Generally held on Monday mornings, these lectures cover a wide variety of health concerns. Information on the currently scheduled lectures is found in our newsletter. While these lectures are free, prior registration is required. Low prior enrollment may result in cancellation of the presentation.

## **Support Groups**

---

The RSC has attempted to develop many different support groups in the past few years. While we feel there is a need for support groups in the areas of grief and loss, caregiver support and addiction recovery, we have not found the leadership needed to sustain such groups. If you have an interest in these areas and would like to help develop a program, please contact the program coordinator at 425-556-2342.

## **Legal, Insurance and Financial Assistance**

---

### **Eastside Legal Assistance Program (ELAP)**

Volunteer attorneys provide free confidential advice on legal matters. ELAP clinics are held in the Wellness Rooms and are available on the first and third Fridays of each month. Call ELAP at 425-747-7274 for an appointment.

### **Senior Health Insurance Benefits Assistance (SHIBA) & Senior Rights**

A trained volunteer is available to answer questions about supplemental health insurance, Medicare, insurance billing, living wills, and estate planning. These two organizations are here to help. Appointments for this free service are available on selected Mondays. Call 425-556-2314 to schedule an appointment.

### **Financial Workshops**

Two financial groups, Senior Financial Advisors and Money Management Educators, currently provide workshops on a variety of financial issues. The workshops are generally held on Wednesday mornings. Check the newsletter for the current schedule of workshops. While these workshops are free, prior registration is required.



## Health Care Equipment Loans

---

The RSC has a variety of health care equipment available for loan. The loan is on a first-come, first-served basis, and is free. However we are not able to accept reservations. Some of the equipment currently available:

- walkers
- wheelchairs
- crutches
- canes
- grab bar

The need must be temporary, although on occasion we become over stocked and may be able to accommodate some longer-term needs. Please contact the staff if you have a long-term need.

Call the front desk, 425-556-2314 to check availability.

Donations of lightly used equipment, in good repair, are accepted when space allows. Please make prior arrangements before dropping a donation off at the RSC.